

SPOTLIGHT



a weekly feature of the Kennebunk-Kennebunkport-Arundel Chamber of Commerce

Kieran Jordan Healing Arts

How long in business?

I've been offering Polarity Therapy since 2021 in Boston, and I have been in my Kennebunk location for one year.

Primary business/service offered?

Polarity Therapy

What makes your business special?

I believe deeply in the wisdom of the body and what it has to teach or reveal. Polarity Therapy offers a truly holistic approach to healing — combining talk and touch techniques, as well as nutrition and movement. My work creates space for self-care and self-discovery, as you align with your TRUE YOU.

Best thing you sell/serve/do?

My work is safe, gentle and compassionate. I work especially with clients who are dealing with trauma, chronic illness, life transition, or loss. Together we create a therapeutic relationship that welcomes intuition and slowly builds capacity for resilience, balance and healing.



Something people don't realize about your business/services?

I've been receiving Polarity Therapy sessions myself for more than 15 years — it is a powerful form of "energy healing" that always brings me a feeling of "wholeness," even when aspects of my life or health seem broken. I had a long and challenging journey with Lyme Disease and other tick-borne illnesses, and that is what led me to becoming a Polarity Practitioner (after receiving so much benefit from it myself). I completed my training through the Polarity Therapy Institute in San Francisco, and I am Board Certified through the American Polarity Therapy Association.



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